

## Appendix B:

### Way to Go, Seattle “One-Less-Car” Demonstration Study Seattle Department of Transportation

#### Fall 2000 Participant Household Case Studies

<u><i>First Name</i></u>	<u><i>Last Name</i></u>
1. Beth	Altman
2. Robert	Anderson
3. Joanie	Bluebird / Klorer
4. William	Bramwell
5. Cathy	Darracott
6. Alesha	Durfee
7. Ron	Flynn
8. Sean	Gorrebeeck
9. Mary Pat	Gotschall
10. David	Grashin
11. Sharon	Griggins-Davis
12. Carri	Kaplan
13. Claudia	Karll
14. Ken	Ludwa
15. Cathy	Lykes
16. Alison	Mandaville
17. Melinda	Marks
18. David/Bobbie	Martin
19. Kirsten	Meister
20. Amy	Mitchell
21. Fred	Morgan
22. Malva	Slachowitz

# Participant Profile

## Beth Altman and Michael Goldblatt

2 adults in household. They live in the U-District.

**How did they do?** - reduced 87 trips, 282 miles  
( 11 trips and 45 miles saved per week).

**How did they accomplish it?** - They coordinated schedules,  
and used the bus more.

**Will they sell their second car?** - Probably not, mainly because of an emotional attachment to the car because it  
was a gift from Michael's parents.

**What did Beth and Michael have to say about the program?**

- "The program really made me wish Seattle had made a more integrated and less car-dependant transportation systems a priority earlier in its history."
- "The only real change was coordination of schedules."

### **Results:**

- They saved 321 pounds of carbon dioxide (greenhouse gas) and 20 pounds of carbon monoxide (smog).
- "I would suggest living in a location where there is access to good bus lines and shops are within walking distance. Giving up a second car is easiest if you are located in a community/neighborhood village."



# Participant Profile

## Robert Anderson and Greta Sorensen

2 adults in household. They live in the Phinney neighborhood.

**How did they do?** - reduced 98 trips, 645 miles (13 trips and 92 miles saved per week).

**How did they accomplish it?** - By consolidating trips, and carpooling, busing, and walking.

**Will they sell their second car?** - No, they will not sell their truck, but will carpool and bus more.

**What did Robert and Greta have to say about the program?**

- "We are getting used to planning stops on our way to and from work, and we are getting used to carpooling."
- "We figured out that with some simple planning, one car is viable. I have not even seen my truck for 3 weeks! Bus service is reliable and efficient from Woodland Park and we have a great situation living so close to work, able to commute and coordinate rides."

### **Results:**

- They saved 733 pounds of carbon dioxide (greenhouse gas) and 25 pounds of carbon monoxide (smog).
- "We really don't need two vehicles and will be more conscious of carpooling, busing, and walking. We feel we gained some good habits by participating."



# Participant Profile



## Bill and Janeen Bramwell

2 adults in household. They live near Phinney Ridge, one works downtown Seattle (Small Business Administration) and one on the Eastside (music teacher).

**How did they do?** - reduced 50 trips, 378 miles (and averaged 8 trips and 59 miles per week during their non-driving period)

**How did they accomplish it?** - planned their trips, took the bus, rode bicycles

**How much money did they save?** - saved \$73 per week

**Will they sell their second car?** - Yes, in the process of doing that now

**What did Bill and Janeen have to say about the program?**

"I have come to rely on the bus much more but I will use the bike simply because the exercise feels good and it really doesn't take any more time – maybe less. I have organized my riding things so that it is quick and less hassle to get out of the house on the bike."

"I think we're going to sell the extra car...we really don't need it and it is a waste of money to hang on to it (potential maintenance, insurance...why pay it?)"

### **Results:**

- They saved 302 pounds of carbon dioxide (greenhouse gas) and 18 pounds of carbon monoxide (smog).
- They used some of their Way to Go money to order new windows to weatherize their house and save energy
- Bill will continue biking and walking to work and for errands, since they will sell one of the cars!

Way to Go, Seattle

# Participant Profile



## Joanie Klorer & LinMara Bluebird

2 adults in household. They live in Wallingford, one works in the U District and one works in Snohomish County.

**How did they do?** - reduced 81 trips, 197 miles (and averaged 14 trips and 33 miles per week during their non-driving period)

**How did they accomplish it?** - They walked to do errands and shared rides to work.

**How much money did they save?** - saved \$81 per week

**Will they sell their second car?** - No.

**What did Joanie and LinMara have to say about the program?**

"We've always loved 'walking errands' around our neighborhood and will continue them (bank, grocery, post office, cleaners, etc.)"

"I am trying to get a plan for when I go back to driving – how can I continue to walk more and drive less?"

"I feel much more relaxed and am trying to rid myself of minutia."

### **Results:**

- They saved 158 pounds of carbon dioxide (greenhouse gas) and 10 pounds of carbon monoxide (smog).
- "If I could walk or ride the bus to work I would gladly give up a car."

Way to Go, Seattle

# Participant Profile

## Cathy Darracott & Jo Reeves

2 adults in household. They live in Ballard.

**How did they do?** - reduced 92 trips, 311 miles ( 18 trips and 62 miles saved per week).

**How did they accomplish it?** - bicycled a lot, shared rides, walked

**Will they sell their second car?** - when it gets too costly to repair, they will discuss not replacing it

**What did Cathy and Jo have to say about the program?**

- "Before Way to Go, we would have driven to dinner since it was dark and cold. Now it seems a waste to start the car for such a short distance, plus it's more fun to walk."
- "Before Way to Go, I wouldn't have ridden my bike to work for 3 days in the week, 1 at the most. Now I would miss riding my bike too much to stop."

### **Results:**

- They saved 249 pounds of carbon dioxide (greenhouse gas) and 15 pounds of carbon monoxide (smog).
- "This entire 6 weeks was much easier than I ever imagined. I bought more bicycle clothes at REI today and will continue to commute on my bicycle...I'm donating my Way to Go cash to the Bicycle Alliance because bicycle safety still has a long way to go."



# Participant Profile



## Alesha Durfee & Emory Morrison

**2 adults, 2 children in household. They live in Fremont, both work at/attend UW.**

**How did they do?** - reduced 87 trips, 258 miles (an average of 15 trips and 43 miles per week during their non-driving period)

**How did they accomplish it?** - They walked, rode bicycles, took the bus, carpooled to activities, and shared rides on weekends.

**How much money did they save?** - saved \$75 per week

**Will they sell their second car?** - Yes! They sold it to a friend recently.

### **What did Alesha and Emory have to say about the program?**

"Instead of driving out to the big home improvement and grocery store; I walked with my kids to the local hardware and grocery store. I probably spent an extra \$5; but I saved myself from having my kids crying in the backseat being bored and all the traffic hassle. We loved the walk and like supporting our neighborhood businesses."

"I called a friend and set up a carpool [to soccer] instead of driving separately. This worked out well – when here child was crying in the back seat on the way home, I was able to attend to her, which you can't do when you're driving."

"This program got me out of a car today and on my bike – which was faster than driving as there was a football game at Husky Stadium. And most likely I would have parked illegally on campus behind the building I work in. On my way out I noticed that 4 others had done that – and each had a \$25 parking ticket on them. I figure that not only did my ride make me feel good and give me some exercise, but that I probably saved myself \$25!"

"When I was speaking to a [UW] faculty member today, I realized that she was driving a visiting lecturer to the airport at about the same time I had to get to Burien for a training workshop. I offered to drive the lecturer to that airport and save her the nearly 40 mile round trip."

### **Results:**

- They saved 206 pounds of carbon dioxide (greenhouse gas) and 13 pounds of carbon monoxide (smog).
- In October 2000, Alesha appeared on ABC-TV's World News Tonight as part of a story highlighting the high social costs of driving.

# Participant Profile



## Ron and Mary Lou Flynn

2 adults and 1 child, age 16, in household. They live in the Madrona neighborhood.

How did they do? - No Data

How did they accomplish it? - They planned trips and rode the bus more.

Will they sell their second car? - No.

What did Ron and Mary Lou have to say about the program?

- "So far it has been an adjustment. If it were not for the flexibility in my schedule I believe we would have a more challenging time trying to coordinate our family schedules with one car."

### Results:

- No Data

Way to Go, Seattle



# Participant Profile

## Sean and Elizabeth Gorrebeeck

2 adults in household with 1 year old. They live in the Delridge neighborhood of West Seattle.

**How did they do?** - reduced 4 trips, 32 miles ( 1 trips and 5 miles saved per week).

**How did they accomplish it?** - No Data

**Will they sell their second car?** - No.

**What did Sean and Elizabeth have to say about the program?**

- No Data

### **Results:**

- They saved 26 pounds of carbon dioxide (greenhouse gas) and half a pound of carbon monoxide (smog).



# Participant Profile



## Mary Pat & Jay Gotschall

**2 adults in household. They live in Magnolia, one works downtown Seattle and one works from home.**

**How did they do?** - reduced 131 trips, 339 miles (and averaged 22 trips and 57 miles per week during their non-driving period)

**How did they accomplish it?** - They walked, rode bicycles, took the bus, took taxis, shared rides on weekends.

**How much money did they save?** - saved \$55 per week

**Will they sell their second car?** - They are discussing it.

**What did Mary Pat and Jay have to say about the program?**

"I now always question how we plan on getting places."

"I felt more free not being chained to the car. More interaction with people and the world."

"Once you become accustomed to it, your brain becomes trained to be more efficient in all actions. In a way, I think it carries over to other facets of your life. 'How can I make this \_\_\_\_ more efficient?'"

"I think our lives just becomes more simple overall. Sometimes not having the autonomy to go to the place that you were thinking about was hindering. But in hindsight, you realized that your need or want to get to that destination was trivial."

### **Results:**

- They saved 271 pounds of carbon dioxide (greenhouse gas) and 16 pounds of carbon monoxide (smog).
- "Jay and I are in deep discussion about what we want to do with our second car. We don't miss it, and we don't need it. If we do opt to go to 1 car, we'll sell both and buy a 4-wheel drive wagon. Once ski season rolls around, we like having the space."

# Participant Profile

## David & Debbie Grashin

2 adults, 2 children in household. They live in Seward Park.

**How did they do?** - reduced 63 trips, 208 miles (an average of 13 trips and 42 miles per week during their non-driving period)

**How did they accomplish it?** - They walked, carpooled, and borrowed or rented cars.

**How much money did they save?** - saved \$60 per week

**Will they sell their second car?** - No, but definitely going to keep the older one and not buy a newer car.

**What did David have to say about the program?**

"Was much more conscious of my driving. Reducing trips (much more productive at work as a nice side benefit). Carpooled much more this week."

"My wife and I drove together more than we had in a long time."

"I did it! Thank you! This is a great idea!"

### **Results:**

- They saved 166 pounds of carbon dioxide (greenhouse gas) and 10 pounds of carbon monoxide (smog).
- "I definitely think much more about my driving habits. I've carpooled more. I share rides more. I liked the walking, and in better weather, I'll walk more and ride less."



# Participant Profile

## Sharon Griggins-Davis, Peter Davis, and Aubrey and Anthony Davis

2 adults and 2 children in household. They live on Queen Anne, one works in Tukwila and one works from home.

**How did they do?** - reduced 207 trips, 401 miles (and averaged 32 trips and 62 miles per week during their non-driving period)

**How did they accomplish it?** - planned their trips, tried many different options (FlexCar, taxi, bicycling, bus, walking), many walking trips to John Hay Elementary School and grocery store.

**How much money did they save?** - saved \$69 per week

**Will they sell their second car?** - No

**What did Sharon have to say about the program?**

"The weekends were the hardest, with two kids and two soccer games to get to. But we just had to talk about where we needed to go and how we were going to accomplish the day's tasks."

"Hey, we did it! Six weeks without moving our 2<sup>nd</sup> car. This morning my 7 year-old demanded to be driven to school. I did not cave in to his demands. We are a walkin' family now."

### **Results:**

- They saved 321 pounds of carbon dioxide (greenhouse gases) and 19 pounds of carbon monoxide (smog).
- The family is now used to walking when they go anywhere in the neighborhood, and they think first about whether they can bus or bike going somewhere farther away.
- Sharon wrote up her experiences for the Queen Anne News in her monthly column.



# Participant Profile



## Carri Kaplan & Bob Burt

2 adults in household. They live in Fremont. Carri attends Seattle Central Community College and is a yoga instructor. Bob works in South Seattle.

**How did they do?** - reduced 65 trips, 340 miles (an average of 11 trips and 57 miles per week during their non-driving period)

**How did they accomplish it?** - They rode their bikes almost exclusively, and they shopped and did other errands in Fremont rather than driving to other neighborhoods. They also tried to significantly reduce their use of the one remaining car by using their bicycles!

**How much money did they save?** - saved \$80 per week

**Will they sell their second car?** - They are thinking seriously about it.

**What did Carri and Bob have to say about the program?**

"Put paniers on bike to haul groceries, easier than I thought."

"The gym that we belong to (I work there) has very bad parking problems – it's so great to ride straight up to the door on your bike."

"U District is a place where for us to drive is a hassle, but as a walk it's pleasant."

"Parking in Pioneer Square is no problem on my bike."

### **Results:**

- They saved 272 pounds of carbon dioxide (greenhouse gas) and 16 pounds of carbon monoxide (smog).
- They told us that they spent more than one of their Way to Go payments at a favorite local sushi restaurant, and how they realized not having a second car would enable them to eat sushi more often!
- They plan to keep on biking now that they've scouted out good commuting routes through the city.

Way to Go, Seattle

# Participant Profile



## Claudia Karll and Patrick Heagearty

**2 adults and 2 children in household. They live in Matthews Beach, one works at UW and one stays home.**

**How did they do?** - reduced 101 trips, 637 miles (and averaged 16 trips and 99 miles per week during their non-driving period)

**How did they accomplish it?** - They walked, rode bicycles, took the bus, and shared rides on weekends.

**How much money did they save?** - saved \$80 per week

**Will they sell their second car?** - No.

**What did Claudia have to say about the program?**

"I enjoyed the program and would do it all again."

"I am consciously choosing errands that are near one another."

### **Results:**

- They saved 510 pounds of carbon dioxide (greenhouse gas) and 31 pounds of carbon monoxide (smog). 1
- "We will continue to have one car sit at home most days."

**Way to Go, Seattle**

# Participant Profile



## Ken & Melody Ludwa

**2 adults in household. They live in Ravenna, one works in Kirkland and one at UW.**

**How did they do?** - reduced 113 trips, 1093 miles (and averaged 19 trips and 182 miles per week during their non-driving period)

**How did they accomplish it?** - They walked, rode bicycles, took the bus, and shared rides on weekends.

**How much money did they save?** - saved \$40 per week which they invested in bicycling gear.

**Will they sell their second car?** - No.

**What did Ken and Melody have to say about the program?**

"Bike/busing every day, especially in the morning, reinforced how much less stressful my commute is when I don't have to grind in the gridlock on the 520 bridge. I find myself more inclined to bike more often now."

"I learned to consolidate errands and plan ahead."

### **Results:**

- They saved 874 pounds of carbon dioxide (greenhouse gas) and 53 pounds of carbon monoxide (smog).
- "Based on some rough calculations I did, the costs of owning and maintaining the second car are probably around \$70 a week. We were idling an older car. Based on my rough calculations for owning and maintaining a bike, plus bus fare, the alternative commute is about \$20-25 per week. If we'd had to have rented a car for a weekend or two, that may have made it break-even."
- I like to read while walking to work. If it's raining, I'm more likely to take the bus or drive. However...I was able to walk a lot, and read a lot."

# Participant Profile



## Cathy Lykes & John Daughters

2 adults and 1 high-school age child in household, with one grown child occasionally visiting. They live in West Seattle.

**How did they do?** - reduced 94 trips, 544 miles (and averaged 16 trips and 91 miles per week during their non-driving period)

**How did they accomplish it?** - They took the bus, carpoolled, and tried riding bicycles.

**How much money did they save?** - saved \$70 per week

**Will they sell their second car?** - No, but they are considering selling it when they retire in a few years.

**What did John and Cathy have to say about the program?**

"The past six weeks of using one car has been easier than I thought it might be. For some time, Cathy and I have talked of owning just one car when the last kid graduates from high school, and we hopefully begin an early retirement program (about 2 years away). Participation in the program has demonstrated to us that this is very realistic."

"Overall, we found our transportation costs were significantly lower during the program. Fueling one smaller, more efficient car is definitely money saving even when figuring somewhat increased weekly mileage when it is the only car in use."

### **Results:**

- They saved 435 pounds of carbon dioxide (greenhouse gas) and 26 pounds of carbon monoxide (smog).
- "I would say that our car use will continue to be somewhat less as a result of participating in this program. When I am working downtown it is a real money-saver to carpool in together and go home by bus. The slight increase in amount of walking as a result has also been nice."



# Participant Profile



## Alison Mandaville, Doug Harkness, and Marlys Harkness

2 adults and 1 child in household. They live in Arbor Heights (W. Seattle), one works at UW part-time and one works on First Hill.

**How did they do?** - reduced 121 trips, 688 miles (and averaged 20 trips and 115 miles per week during their non-driving period)

**How did they accomplish it?** - posted weekly car needs on the family calendar, bicycled, rode busses.

**How much money did they save?** - saved \$76 per week

**Will they sell their second car?** - No, but may not replace it when it dies for good. If they do replace it, they will be getting a small, fuel efficient car rather than a big car or minivan.

**What did Alison have to say about the program?**

"...when I have to cluster my errands on a day I have the car then my carless days staying at home are very productive, not broken up by running errands."

"I might not have thought of biking with my daughter to the store if not doing Way to Go. She loved it!"

### **Results:**

- They saved 550 pounds of carbon dioxide (greenhouse gases) and 33 pounds of carbon monoxide (smog).
- Alison is biking more and is considering getting an electric bike instead of replacing the old car in the next couple of years – a conclusion she would not have made without participating in Way to Go.

Way to Go, Seattle

# Participant Profile



## Melinda Marks & Ben Brynildsen

**2 adults in household. Live in Meadowbrook, and one works at UW and one in Everett**

**How did they do?** - reduced 55 trips, 310 miles (9 trips and 48 miles saved per week).

**How did they accomplish it?** - planned trips , walked, took bus, sometimes biked

**How much money did they save?** - saved \$81 per week

**Will they sell their second car?** - seriously considering not replacing the car when it gets to be a maintenance hassle

**What did Melinda have to say about the program?**

"I have learned that having a car, for me, is tied to being more consumption oriented. It turned out to be a positive to not have a car to 'pop' into for some shopping trip that I didn't really need to go on in the first place."

"When I think about the cost of a new car or a 2-3 year old car, I think it makes much more sense to use alternative modes of transportation. Other than the cost, I think it is wasteful to have something that you don't use very much."

"Ben definitely did not want to participate in the program when I told him about it. He didn't want to sacrifice his car at all. ... by about Week 2 ½ , he was offering to drive me to work if I wanted it. I think it proved that someone who is really reluctant at first can realize that it's not as big a sacrifice as it seems."

### **Results:**

- They saved 248 pounds of carbon dioxide (greenhouse gas) and 15 pounds of carbon monoxide (smog).
- "I think I will choose walking more – I enjoyed getting the exercise...When I biked or walked one way to work, when I got home I felt like I had accomplished something positive (other than just getting home)."

# Participant Profile



## David, Bobbie, Wilson, & Daniel Martin

2 adults and 2 children household. They live in Ballard, and work on opposite sides of the Fremont Bridge, one in Fremont and in Queen Anne.

**How did they do?** - reduced 78 trips, 322 miles (13 trips and 54 miles saved per week).

**How did they accomplish it?** - some biking, took the bus a lot

**How much money did they save?** - saved \$74 per week

**Will they sell their second car?** - Yes.

**What did Bobbie and David have to say about the program?**

"Bobbie got so good at timing the transfer between the two legs of her bus trips that she sometimes went door-to-door within 20 minutes!"

"We needed to communicate well and organize our schedules so we could take care of necessary trips (dr. appointments, school functions, soccer games, etc.) but we always had the one car so we just had to decide who needed it more."

### **Results:**

- They saved 258 pounds of carbon dioxide (greenhouse gas) and 16 pounds of carbon monoxide (smog).
- Bobbie will keep on riding Metro to work and for some errands.

# Participant Profile

## Kirsten and Neil Meister

2 adults in household with 18 month toddler. They live near the Alki neighborhood in West Seattle.

**How did they do?** - reduced 66 trips, 657 miles (10 trips and 103 miles saved per week).

**How did they accomplish it?** - By biking and coordinating trips.

**Will they sell their second car?** - No, but Neil likes to bike more.

**What did Kristen and Neil have to say about the program?**

- "We use one car pretty regularly as Neil enjoys riding his bike. As we needed to we pulled the baby in bike trailer."
- "We combined errands to accomplish tasks, and putting the bike on car rack (allowed us more flexibility)."

### **Results:**

- They saved 532 pounds of carbon dioxide (greenhouse gas) and 13 pounds of carbon monoxide (smog).
- "Suddenly we are one car family for real because our friend's truck conked out on him (and we are loaning him our second car)."



# Participant Profile



## Matt & Amy Mitchell

2 adults and 2 children in household. They live in Maple Leaf.

**How did they do?** - reduced 66 trips, 188 miles (an average of 12 trips and 35 miles per week during their non-driving period)

**How did they accomplish it?** - They walked, took the bus, and shared rides with friends.

**How much money did they save?** - saved \$ per week

**Will they sell their second car?** - No.

**What did Amy have to say about the program?**

"I'm getting a lot of walking in. Walking has been my main form of exercise for a long time so I'm loving not having to work it in. It is now a form of transportation as well."

"I'm finding that I must be organized and think ahead so that I can get everything done and communicate to the kids and hubby what they need to do and expect as far as transportation for the day. We have been even busier than usual to there's been no time for being spontaneous, like, 'Oh, I'll just run on over.'"

"I find that I'm keeping up at home better and don't spend as much money when I'm not driving. I enjoy people watching on the bus and listening to music. I arrive at work with more time to prepare and less stress from the exercise and the music. Better attitude!"

### **Results:**

- They saved 150 pounds of carbon dioxide (greenhouse gas) and 9 pounds of carbon monoxide (smog).
- Amy still rides the bus a lot! When we ran into her downtown and asked if she drove, she said, "No! I rode the bus."

# Participant Profile

## Fred & Rose Morgan

2 adults in household. They live in Haller Lake.

**How did they do?** - reduced 117 trips, 510 miles (and averaged 18 trips and 79 miles per week during their non-driving period)

**How did they accomplish it?** - They rode the bus and carpooled.

**How much money did they save?** - saved \$70 per week

**Will they sell their second car?** - No, though we might replace it with an old truck for special uses which we would use less than the 2<sup>nd</sup> car.

**What did Fred and Rose have to say about the program?**

"Not counting automobile depreciation and costs, I saved about \$20 a week [in car expenses] by cutting out excess trips and not buying gas."

"Learned some new bus routes and gained even further respect for Metro. We have one of the best bus systems in the country."

"Way to Go worked great. The only thing that could be added is a grief counselor for the first week - giving up my car for several weeks all of a sudden became a pretty scary proposition."

### **Results:**

- They saved 408 pounds of carbon dioxide (greenhouse gas) and 25 pounds of carbon monoxide (smog).
- "We learned that we can ride share to a few things that we normally do around the same time and will continue to do that."



# Participant Profile



## Malva Slachowitz, Bill Bowers, and Susannah and Jonathan Bowers

2 adults and 2 children in household. They live in Ballard, both work downtown.

**How did they do?** - reduced 46 trips, 186 miles (and averaged 9 trips and 37 miles per week during their non-driving period)

**How did they accomplish it?** - planned their trips, combined errands with family outings, tried taxi, walked for neighborhood errands.

**How much money did they save?** - only spent an average of \$2 a week getting around other ways. They estimate that their current older car costs them an average of \$25 a week. If they were to replace this car, they realize they'd be saving about \$83 a week!

**Will they sell their second car?** - No, they found their "2<sup>nd</sup> car" is more fuel efficient than their minivan, and they like to take that when they don't need the full minivan because it is more environmentally friendly

### **What did Malva have to say about the program?**

"Our main strategy was to consolidate trips more, especially for errands. At times that meant the whole family had to stop for pretty minor errands on the way to or from a family outing."

"The program strengthens our resolve about living in an urban neighborhood that has a variety of services and where there are choices about getting around, and one of those choices is our feet!"

### **Results:**

- They saved 149 pounds of carbon dioxide (greenhouse gases) and 9 pounds of carbon monoxide (smog).
- "We are already working harder to combine trips when it makes sense, and we hope to return to doing more biking."





## **In Their Own Words: Selected Participants Quotes**

### **Fall 2000 During the Program**

“I would have driven to do these errands before – instead I organized my errands in the Northgate area and took the bus. It was easy taking the bus to Northgate.”

“I might not have thought of biking with my daughter if not doing Way to Go. She loved it!”

“Couldn’t believe I had the motivation to walk to work! It felt great! Got to enjoy the fall leaves turning colors. It poured and I learned to put the things in my backpack in a plastic sack next time – they got pretty wet.”

“I’m learning I don’t need to make anywhere near the errand trips I used to – almost like shopping/errand running had become an activity in and of itself. This program has encouraged me to live more simply.”

“We ordered groceries from Albertson’s.com to save time and gas.”

“Biked more in the last 2 weeks than ever before.”

“Having one less car has been less of a strain on our relationship than I had thought it might be – we have actually been able to SHARE without (too much) crankiness!”

“Parking in Pioneer Square is no problem on my bike”

“Our first family outing via mass transit – very easy – and the boys love the bus.”

**Fall 2000**  
**After the Program Ended**

“Even though yesterday was the last day of the program, I couldn’t NOT continue my morning ritual of walking to the bus/riding to the bus. I have really enjoyed the time/the less hurried pace of travelling by foot/bus/bike...”

“This entire 6 weeks was much easier than I ever imagined. I bought more bicycle clothes at REI today and will continue to commute on my bicycle...I’m donating my Way to Go cash to the Bicycle Alliance because bicycle safety still has a long way to go.”

“Before Way to Go, we would have driven to dinner since it was dark and cold. Now it seems a waste to start the car for such a short distance, plus it’s more fun to walk.”

“One thing I’ve noticed is that when I have to cluster my errands on a day I have the car then my carless days staying at home are very productive – not broken up by running errands. I’m doing some remodeling and I’m getting better at keeping a list of what I need at the hardware store and going only every 1-2 weeks instead of several times a week.”

“I do like riding the bus in the morning and I didn’t mind missing it this morning – it let me have a nice walk, coffee, and only ½ hour later than usual to UW. I wish evening commutes were faster on the bus.”

“Before Way to Go, I wouldn’t have ridden my bike to work for 3 days in the week, 1 at the most. Now I would miss riding my bike too much to stop.”

“I feel so free! Walking, busing...it’s great! This has truly become habitual to think of “alternative” modes of getting around – almost a personal challenge. This city actually is quite easy to travel around without a car.”

“Overall, we found our transportation costs were significantly lower during the program. Fueling one smaller, more fuel-efficient car is definitely money saving even when figuring somewhat increased weekly mileage when it is the only car in use.”

“Hey, we did it! Six weeks without moving our 2<sup>nd</sup> car. So this morning my 7 year old demanded to be driven to school – so much for lessons learned. I did not cave in to his demands. We are a walkin’ family now.”